



Calorie Quick Reference

Make Smart Food Choices!

Diet Tips:

1. Follow the best diet for YOU. The best diet for YOU is the one you can stick to!
2. **COUNT CALORIES.** Don't assume you know how many you are eating
3. Make your food taste good!
4. Plan Ahead. Use a meal prep company if you are too busy
5. Eat lower calorie foods that are more filling.
6. Don't drink your calories!
7. **Remove Temptation.** Get rid of foods that you shouldn't eat.
8. Drink water throughout the day
9. Slow down. Don't eat too fast!

FRUIT CALORIES

Fruit	Serving	Weight	Calories	Carbs	Protein	Fat
Apple	1 medium	182g	95	25.0	0.5	0.3
Apricot	1 apricot	35g	17	3.9	0.5	0.1
Avocado	1 avocado	201g	322	17.0	4.0	29.0
Banana	1 medium	118g	105	27.0	13.0	4.0
Blackberries	1 cup	144g	62	14.0	2.0	0.7
Blueberries	1 cup	148g	85	21.0	1.1	0.5
Cantaloupe	1 melon	552g	186	45.0	4.6	1.0
Cherries	1 cup	155g	77	19.0	1.6	0.5
Cranberries (fresh)	1 cup	100g	46	12.2	0.4	0.1
Dates	1 date	24g	66	18.0	0.4	0.0
Grapefruit	1/2 fruit	152g	52	13.0	0.9	0.2
Grapes	1 cup	92g	62	16.0	0.6	0.3
Honeydew	1 cup	170g	61	15.0	0.8	0.2
Kiwi	1 fruit	69g	42	10.0	0.8	0.4
Lemon	1 fruit	58g	17	5.0	0.6	0.2
Lime	1 fruit	67g	20	0.7	0.5	0.1
Mandarin oranges	1 fruit	75g	50	10.0	0.6	0.2
Mango	1 fruit	336g	201	50.0	2.8	1.3
Nectarine	1 fruit	142g	63	15.0	1.5	0.5
Oranges	1 fruit	96g	45	11.0	0.9	0.1
Peaches	1 fruit	150g	59	14.0	1.4	0.4
Pear	1 fruit	178g	102	27.0	0.6	0.2
Pineapple	1 cup	165g	82	22.0	0.9	0.2
Plums	1 fruit	66g	30	7.5	0.5	0.2
Pomegranate	1/2 C seeds	87g	72	16.0	1.5	1.0
Raspberries	1 cup	123g	65	15.0	1.5	0.8
Strawberries	1 cup	152g	49	12.0	1.0	0.5
Watermelon	1 cup	152g	46	11.0	0.9	0.2

MEAT CALORIES

MEAT	Serving Size	CALORIES (kcal)	PROTEIN (grams)	FAT (grams)	CHOLESTEROL (mg)	Carbs (grams)
Bacon, cooked	per slice	40	2	NA	NA	0
Beef, Roast, baked	3.5 oz.	235	28	NA	NA	0
Beef, Sirloin Steak, broiled	3.5 oz.	270	28	NA	NA	0
Bison	3.5 oz.	143	27.8	2.4	82	NA
Chicken, grilled dark meat	3.5 oz.	205	27.4	9.7	93.8	NA
Chicken, grilled white meat	3.5 oz.	173	30.9	4.5	85.7	NA
Ground Beef	3.5 oz.	289	24.1	20.7	90	NA
Ground Beef, lean	3.5 oz.	272	24.7	18.5	87.7	NA
Ham, smoked	3.5 oz.	140	18.5	NA	NA	3.5
Hot Dog, beef	each	148	5	NA	NA	1.8
Lamb Chop	3.5 oz.	216	30	9.7	95.8	NA
Lamb leg	3.5 oz.	191	28.3	7.7	89.7	NA
Lamb, ground	3.5 oz.	280	16.5	NA	NA	0
Longhorn Beef	3.5 oz.	140	25.5	3.7	61.5	NA
Pork Chops	3.5 oz.	202	30.2	8.1	82.7	NA
Pork Loin	3.5 oz.	190	28.6	9.8	79.6	NA
Pork ribs, spareribs roasted	3.5 oz.	406	28	NA	NA	0
Pork Roast	1 oz	210	24.5	NA	NA	0
Pot Roast	3.5 oz.	210	33	7.6	101	NA
Scallops	1 oz	26	6	NA	NA	2
Shrimp	1 oz	26	6	NA	NA	1
Top Round	3.5 oz.	180	31.7	4.9	84.6	NA
Tuna	1 oz	32	6.5	NA	NA	0
Turkey	3.5 oz.	170	29.3	5	75.6	NA
Veal, roasted	3.5 oz.	157.5	28	NA	NA	0
Venison	3.5 oz.	207	33.5	6.4	87.5	NA

Source, longhorn data: "Nutrient Density of Beef From Texas Longhorn Cattle: Texas A&M, 1987 Other data: USDA. USAToday 11/29/91. Pope Lab, Inc, Dallas, TX

SEAFOOD CALORIES

	Calories	Calories from fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Potassium	Total Carbs	Protein	Vit. A	Vit. C	Calcium	Iron
Seafood: Serving size: 84 g/ 3 oz			g/ %DV	g/ %DV	mg/ %DV	mg/ %DV	mg/ %DV	g/ %DV	g	%DV	%DV	%DV	%DV
Blue Crab	100	10	1	0	95	330	300	0	20g	0%	4%	10%	4%
			2	0	32	14	9	0					
Catfish	130	60	6	2	50	40	230	0	17g	0%	0%	0%	0%
			9	10	17	2	7	0					
Clams,(about 12 small)	110	15	1.5	0	80	95	470	6	17g	10%	0%	8%	30%
			2	0	27	4	13	2					
Cod	90	5	1	0	50	65	460	0	20g	0%	2%	2%	2%
			2	0	17	3	13	0					
Flounder/Sole	100	15	1.5	0	55	100	390	0	19g	0%	0%	2%	0%
			2	0	18	4	11	0					
Haddock	100	10	1	0	70	85	340	0	21g	2%	0%	2%	6%
			2	0	23	4	10	0					
Halibut	120	15	2	0	40	60	500	0	23g	4%	0%	2%	6%
			3	0	13	3	14	0					
Lobster	80	0	0.5	0	60	320	300	1	17g	2%	0%	6%	2%
			1	0	20	13	9	0					
Ocean Perch	110	20	2	0.5	45	95	290	0	21g	0%	2%	10%	4%
			3	3	15	4	8	0					
Orange Roughy	80	5	1	0	20	70	340	0	16g	2%	0%	4%	2%
			2	0	7	3	10	0					
Oysters, about 12 medium	100	35	4	1	80	300	220	6	10g	0%	6%	6%	45%
			6	5	27	13	6	2					
Pollock	90	10	1	0	80	110	370	0	20g	2%	0%	0%	2%
			2	0	27	5	11	0					
Rainbow Trout	140	50	6	2	55	35	370	0	20g	4%	4%	8%	2%
			9	10	18	1	11	0					
Rockfish	110	15	2	0	40	70	440	0	21g	4%	4%	2%	2%
			3	0	13	3	13	0					
Salmon, Atlantic/Coho/Sockeye/Chinook	200	90	10	2	70	55	430	0	24g	4%	4%	2%	2%
			15	10	23	2	12	0					
Salmon, Chum/Pink	130	40	4	1	70	65	420	0	22g	2%	0%	2%	4%
			6	5	23	3	12	0					
Scallops, about 6 large or 14 small	140	10	1	0	65	310	430	5	27g	2%	0%	0.04	14%
			2	0	22	13	12	2					
Shrimp	100	10	1.5	0	170	240	220	0	21g	4%	4%	6%	10%
			2	0	57	10	6	0					
Swordfish	120	50	6	1.5	40	100	310	0	16g	2%	2%	0%	6%
			9	8	13	4	9	0					
Tilapia	110	20	2.5	1	75	30	360	0	22g	0%	2%	0%	2%
			4	5	25	1	10	0					
Tuna	130	15	1.5	0	50	40	480	0	26g	2%	2%	2%	4%
			2	0	17	2	14	0					

Source: U.S. Food & Drug Administration, January 1, 2008

VEGETABLE CALORIES

Vegetable	Measurement	Calories
Artichoke	1 artichoke	60
Asparagus	1 cup (134 g)	27
Bell Peppers	1 cup (135 g)	38
Broccoli	1 cup (91 g)	31
Brussel Sprouts	1 cup (88 g)	38
Cabbage	1 cup (90 g)	22
Carrots	1 cup (128 g)	53
Cauliflower	1 cup (96 g)	27
Celery	1 cup (100g)	14
Corn	1 cup (164 g)	177
Cucumber	1 cup (100g)	16
Green Beans	1 cup (100 g)	30
Lettuce	1 cup (36 g)	5
Mushroom	1 cup (96 g)	31
Onion	1 cup (115 g)	46
Peas	1 cup (150 g)	116
Potato	1 cup diced (150 g)	116
Pumpkin	1 cup (116 g)	30
Radishes	1 cup (115 g)	18
Spinach	1 cup (36g)	7
Sweet Potato	1 cup (150 g)	129
Tomatoes	1 cup (180 g)	36
Turnips	1 cup (130 g)	36
Winter Squash	1 cup (115 g)	40
Zucchini	1 cup (113 g)	19

Source: Health Beet

ALCOHOL CALORIES

Drink	Serving Size	Calories (kcal)	carbs (g)	Approx. Alcohol Content %
Cabernet Sauvignon	5 Oz.	120	3.77	10.3%
Champagne	5 Oz.	96	1.5	12.0%
Chardonnay	5 Oz.	118	3.7	13.0%
Gewurztraminer	5 Oz.	119	3.83	10.1%
Gin	1.5 oz shot	96		
Gin & Tonic	1.5 oz shot 4 oz tonic	136		
Late White Harvest	5 Oz.	172	20.6	8.5%
Light Beer	12 oz beer	96-110		
Merlot	5 Oz.	122	3.69	10.6%
Pinot Gris (Grigio)	5 Oz.	122	3.02	10.7%
Pinot Noir	5 Oz.	121	3.4	10.4%
Port	5 Oz.	232	17.7	20.0%
Red Zinfandel	5 Oz.	129	4.2	11.1%
Riesling	5 Oz.	118	5.54	9.5%
Rum	1.5 oz shot	96		
Rum & Coke	1.5 oz shot 4 oz Coca	144		
Sherry, Dry	5 Oz.	215	16.6	15.0%
Sherry, Sweet	5 Oz.	227	19.4	15.0%
Sparkling White	5 Oz.	96	1.5	12.0%
Syrah	5 Oz.	122	3.79	10.5%
Tequila	1.5 oz shot	104		
Vodka	1.5 oz shot	96		
Vodka Soda	1.5 oz shot 4 oz. 0 cal	96		
Whiskey	1.5 oz shot	104		

DAIRY & OTHER CALORIES

Dairy Product	serving size	Calories	Carb Grams	Fat Grams	Protein grams
Buttermilk, lowfat	8 oz	98	12	2	8
Cheese Brie	1 oz	95	0.1	7.9	5.9
Cheese, Blue	1 oz	100	0.7	8.1	6
Cheese, Cheddar	1 oz	114	0.4	9.4	7
Cheese, Colby	1 oz	112	0.7	9.1	6.7
Cheese, Cottage, 2%,	1 oz	24	1	0.7	3.4
Cheese, Cream, block	1 oz	97	1.2	9.7	1.7
Cheese, Feta	1 oz	75	1.2	6	4
Cheese, Gjetost	1 oz	132	12	8.4	2.7
Cheese, Monterey Jack	1 oz	106	0.2	8.6	6.9
Cheese, Mozzarella, whole milk	1 oz	85	0.6	6.3	6.3
Cheese, parmesan, hard	1 oz	111	0.9	7.3	10
Cheese, Swiss,	1 oz	108	1.5	7.9	7.6
Cream, Half-n-Half	2 tbsp	39	1.2	3.5	0.9
Cream, Heavy	2 tbsp	104	0.8	11	0.6
Cream, light whipping	2 tbsp	88	0.9	9.3	0.7
Cream, Sour, full fat	2 tbsp	46	0.7	4.7	0.5
Crème Fraiche	1 oz	103	0.9	9	0.7
Egg, extra large, boiled (56g)	each	70	0.32	-	5.5
Egg, Jumbo, boiled (63g)	each	90	0.45	-	7.9
Egg, large, boiled (50g)	each	75	0.36	-	6.3
Egg, medium, boiled (44g)	each	70	0.32	-	5.5
Egg, small, boiled (38 g)	each	65	0.27	-	4.7
Eggnog, Full Fat	8 oz	224	20.5	10.6	11.6
Milk, 2%	8 oz	122	11.7	4.8	8
Milk, Skim	8 oz	83	12.2	0.2	8.3
Milk, Whole	8 oz	149	11.7	7.9	7.7
Nuts, Almond, roasted 1 oz	1 oz.	170	3.6	-	6.2
Nuts, Cashews, roasted, 1 oz	1 oz.	165	9.1	-	4.3
Nuts, Macadamia, roasted, 1 oz	1 oz.	205	1.2	-	2.2
Nuts, Pecans, 1 oz, raw	1 oz	192	2.3	-	2.6
Nuts, Pistachios, 1 oz, roasted	1 oz	170	4	-	5.3
Nuts, Walnuts, 1 oz	1 oz.	175	4	-	2
String cheese, snack	1 oz	80	1	5	6

FAST FOOD CALORIES

Restaurant	Menu Choice	Calories	Carbs
Arby's	Farmhouse Salad 2 w/Turkey/Ham	250	11
Blimpies	Grilled Chicken Caesar Salad	190	6
Burger King	Tendergrill Chicken Garden Salad	230	9
Carl's Jr/Hardees	Low Carb Six Dollar Burger	570	9
Chick-Fil-A	Chargilled Chicken Club Protein Style	180	5
Chipotle	Chicken Burrito Bowl	190	1
Dairy Queen	Grilled Chicken Wrap	200	9
Dominos Pizza	Thin Crust Veggie Pizza	217	17
Five Guys	Bunless Little Hamburger	220	0
In & Out Burger	Double Double Protein Style	360	11
Jack in the Box	Grilled Chicken Strips & Salad	260	9
Jersey Mikes	Mikes Chicken Philly	670	65
KFC	Original Breast w/o Skin & Side Salad	160	4
Krystal	Hamburger no cheese	130	20
Little Caesar's Pizza	Italian Cheese Pepperoni Bread	130	13
Long John Silvers	Grilled Simon & Vveggie Medly	200	5
McCalisters	Turkey Club	230	35
McDonalds	Chicken Nuggets 4 ps + Salad	210	13
Oscars Taco Shop	One Taco	161	10
Panda Express	Mandarin Chicken	310	8
Popeye's/Church's	Original Breast & Small Coleslaw	270	16
Steak n Shake	Single no cheese	320	32
Subway	Subway Club Salad	140	11
Taco Bell	Fresco Crunch Taco	150	13
Wendy's	BLT Cobb Salad 1/2 Size	230	5